



WHERE TO GET HELP:

Family Services of Tulare County 741-7310

- Battered Women's Shelter
(559) 732-5941
- Domestic Violence/Anger
Management Groups
- Child and Teen Domestic
Violence Program

Central California Family Crisis Center (559) 781-7462

- Women's Shelter 781-7468
- Batterer's Program/Anger
Management Program

Central California Legal Services 733-8770

- Assistance with
Restraining Orders
- Legal Assistance

Good News Center 738-8922

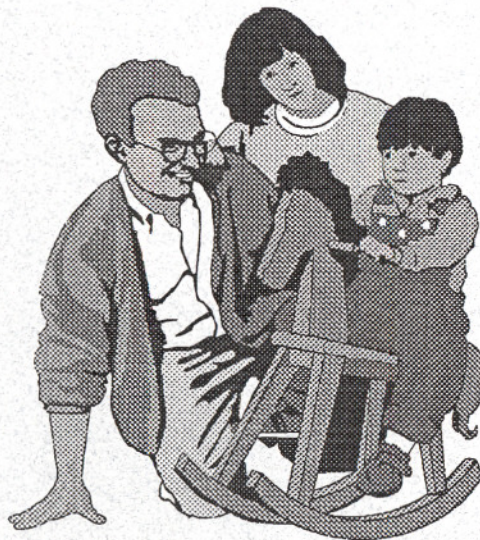
- Assistance with
Restraining Orders
- Legal Assistance



Permission to reprint the brochure "Parents...Domestic Violence Hurts your Children!" was obtained from the author Jan A. Shaw, Director, mediation and investigative Services, Superior Court, County of Orange. Production was made possible through a grant from the Federal Government, the State of California and funding from the Superior Court, County of Orange.

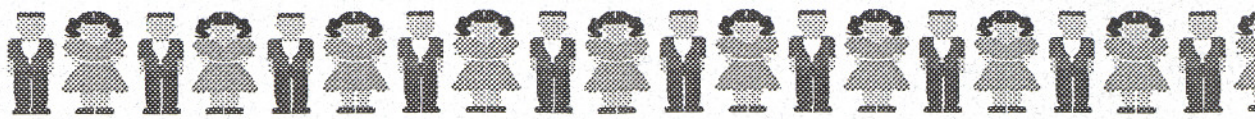
Parents...

Domestic Violence Hurts Your Children!



"I know if I could just be good all
the time everyone would be happy
and nobody would get hurt."

**Children Often Feel
Responsible for the Violence
Between Their Parents.**



Children live in Intense
Fear and Helplessness
when There is Domestic
Violence in Their Home!!!

Children EXPERIENCE...
"Second hand" abuse when they SEE,
HEAR, or KNOW of any Domestic
Violence in their home. The effects of
this abuse are many:

- Lowered Self Esteem
- Constant Anxiety
- Feeling Powerless
- Living in Fear
- Emotional
- Abandonment
- Stress
- Nightmares
- Depression
- Isolation
- Insecurity
- Self Blame

*When Pregnant women are abused the
effects of the violence begins before
the children are born.*

- Increased risk of miscarriage
or injury to the fetus.
- Lowered birth weight.
- More birth defects.

*"When pregnant women are battered
their babies need extended medical
attention upon birth and are 40 times
more likely to die during their 1st year
of life."*

-March of Dimes, 1993

Children IMITATE...

The behavior of their parents. Children
living in violent homes LEARN to abuse
others:

Boys who see their father batter their
mother are 10 times more likely to be-
come batterers than children from non-
violent homes.

Children growing up in violent and abusive
homes are 24 times more likely to commit
sexual assault.

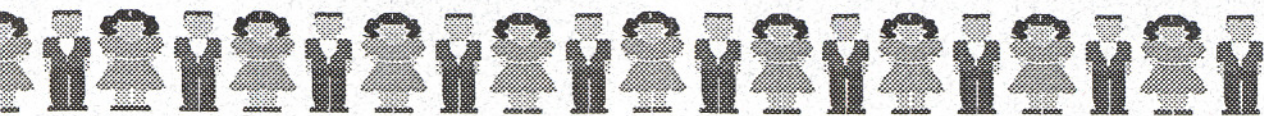
Children from violent homes are 74%
more likely to commit crimes against
another person.

"When I was little I would lay in my bed
and hear my parents fight, throwing
things and hitting. I didn't know what to
do or what was happening. As I got older
it would happen in front of me...as an
adult, even though I know it is wrong to
raise a hand, I get out of control, but
this was what I learned while growing
up."

-A father in a treatment group.

"When we were fighting, we always made
sure the kids were in their rooms so they
wouldn't know about it. My kids never
said anything...but later we were shocked
to find out how frightened and terror-
ized they were and all the ways it has
hurt them..."

— A mother in an educational program



My parents always nag me to lock the door so I'm safe at home...but what's crazy is that I am scared to death in my own home with my mom and dad."

-a 12 year-old.

Preteens

- Girls, in general, more often show symptoms of depression, anxiety, sleep disturbances, etc.
- Boys, in general, more often will physically act out by bullying, fighting at school, disobeying, destroying property, etc.



Teens

- Six times more likely to commit suicide.
- More likely to act out sexually.
- More likely to become involved in delinquent behavior.
- Increased likelihood of being in violent dating relationship.

"It's like living in a war zone, looking for the sniper, waiting for the bomb and wondering when someone will die but I never know whose side I should be on."

-a 15 year old boy

Kids Count on Their Parents to Protect Them!

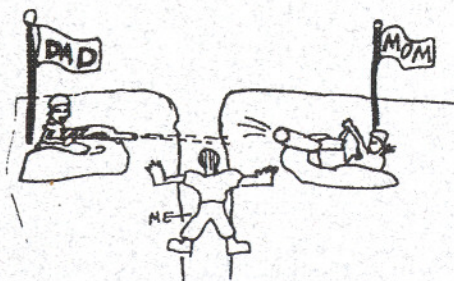
END THE VIOLENCE!

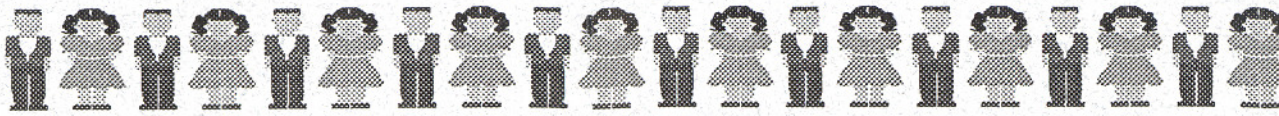
If there has been a civil or criminal restraining order issued by the Court...

▲ Honor the restraining order for the sake of not exposing your children to further violence in the home. The responsibility for not violating the restraining order rests with the restrained party, even if the protected party and/or your children invite you!

HELP IS AVAILABLE...

- ✓ For your children;
- ✓ for victims; and
- ✓ for those wanting assistance and support in controlling their violence.





There is NO Excuse for Domestic Violence.....

It is against the law and it is Abuse!

Domestic Violence is Not a relationship issue - marital counseling isn't the solution.

Domestic Violence is Not provoked or caused by the other person - the responsibility lies with the abuser.

Domestic Violence is Not caused by drug and alcohol use. Rarely does the violence stop even if the abuser stops drinking an/or using drugs.

What is Domestic Violence?

Domestic Violence Is.....

A pattern of controlling behaviors in order to gain **POWER** and **CONTROL** over another person!

Domestic Violence IS.....

Credible threats with the intent to cause someone to fear for their safety!

Domestic Violence IS.....

Physical, verbal, sexual, and/or psychological assaults!

Domestic Violence is learned behavior which can usually be "unlearned" with appropriate treatment.

Hurting Someone Your Child Loves Also Hurts Your Child!

ALL CHILDREN living in homes where there is domestic violence experience problems in behavioral, emotional, cognitive and physical functioning in varying degrees.



Domestic Violence Hurts children of All Ages

Infants

- Infants exposed to violence in the home experience eating and sleeping disturbances.
- Infants are at greater risk of injury because they are often in the arms of one parent during the violent episode.



Preschoolers

- Preschooler children witnessing violence in their homes are more insecure than children living in non-violent homes. These children often cling excessively to adults and/or are more fearful of being left alone.

"I heard them fighting, and my mom screaming, then I saw my mom, she had blood all over, I thought she was going to die. I didn't know what to do."

-a 10 year old girl